

# Community Center Activities

October-March



## Aerobics

<b>Body Fit</b> Mon.- 8:30am @ Meridian \$3 members/\$5 non-members	<b>Cardio Kickboxing</b> Tues.- 6pm @ Meridian \$3 members/\$5 non-members	<b>Cardio Sculpt</b> Wed.- 6pm @ Meridian \$3 members/\$5 non-members <b>**Must be in class by 6pm**</b>
<b>Step Aerobics</b> Thurs.- 5:45pm & 6:30pm @ Meridian \$3 members/\$5 non-members <b>*Must RSVP to timcaleb@windstream.net *</b>	<b>Zumba</b> Mon, Thurs. 6pm @ Meridian Mon, Tues, Thurs. 7pm @ Felker Sat. 9am @ Felker \$3 members/\$5 non-members	<b>Boot Camp-</b> Time/days/price varies (\$129-\$199) For information contact Nicole Duncan at nicole@fitnicole.com
<b>Back to Basics</b> Mon. 7pm @ Meridian \$3 Member/\$4 Non/\$5 couples	<b>Hip Hop Fitness</b> Tues.& Thurs.7pm @ Meridian \$3 members/\$5 non-members	
<b>Yoga- \$5 for Seniors/ \$7 non</b> Tues 7:30am @ Meridian Thurs. 7:30 am @ Meridian	<b>Senior Fitness- FREE</b> Mon., Thurs. 10:30am @ Meridian Tues., Fri. 10:30am @ Felker	<b>Total Body Hip Hop</b> Sat. 10am @ Meridian \$3 members/\$5 non-members
<b>Personal Training</b> Mon-Sat @ Meridian and Felker Price Varies w/instructor  <b>*Contact trainers to set up apt.*</b>	<b>Personal Trainers</b> Heather Owens-heatherlynnowens@yahoo.com or call 770-540-4680 Nicole Duncan-nicole@fitnicole.com Demetri Palm- 706-424-1187 Kristy Folgman- 404-550-1783	

## Programs



<b>Adult Art-</b> \$15 members/\$20 non Thurs. 10am @ Felker	<b>Art- Young Artist</b> \$12 members/\$15 non Tues (5-9yrs) 3:30pm @ Meridian Tues (10-up) 5:15pm @ Meridian	Thurs.(5-9yrs) 3:30pm @ Felker Thurs.(10-up) 5:15pm @ Felker
<b>*ADULT ART-Must contact before coming to class*</b>		

**Fishing-** Free @ Meridian  
Every Saturday  
Wed.- Fly Fishing  
Tues- Senior fishing

For more details or instructors contact, etc. please check out our website at  
<http://www.waltoncountyga.gov/Parks/CommunityCenters.htm> or check with our front desk attendant